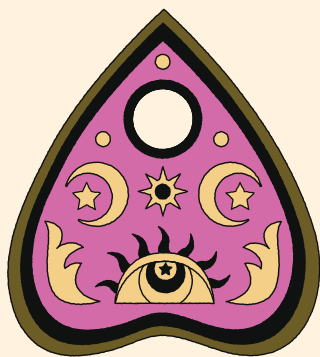


DECEMBER EDITION



# WITCHY WOMEN NEWSLETTER



MASTERING THE ART OF  
RECLAIMING YOUR MAGIC





## WELCOME TO THE FIRST ISSUE OF THE WITCHY WOMEN NEWSLETTER...

a sacred monthly offering crafted to bring you back into your body, your intuition,  
and the ancient wisdom that lives beneath the noise of our digital world.

We are living in an era where everyone is scrolling but very few are sensing.  
Where we are “connected” online, but deeply disconnected from our earth,  
our cycles, our intuition, and our feminine knowing.

**This newsletter is my rebellion against that.**

A return.  
A remembering.  
A reclamation.

Witches of old were not the caricatures we were taught to fear.  
They were healers, herbalists, energy readers, midwives, mystics, protectors of the village,  
truth-tellers, and women who lived close to the land.

They listened to the moon. They tended the fire. They read the wind. They trusted the body.

**THIS is what we are reviving here.**

Every month, you'll receive spells, potions, rituals, recipes, elixirs, energy insights, moon magic, herbal  
teachings, and somatic wisdom to weave into your daily life, whether in your yoga practice,  
your morning grounding, or your nightly soul care.

This is your sacred pause.  
Your monthly grounding cord.  
Your reminder that magic is not something we do, it's something we are.

Welcome to the coven, my love.  
Let the season begin.

## XO KELLY



# DECEMBER ENERGY



## THE WINTER WITCH AWAKENS

December belongs to the Crone, the archetype of wisdom, intuition, slowness, shadow integration, and sacred rest.

### THIS MONTH CALLS YOU TO:

- Soften
- Exhale
- Descend inward
- Listen for the whispers you missed all year
- Gather the final lessons of 2025
- Release what cannot follow you into 2026

**The Winter Witch teaches us that endings are beginnings wearing darker clothing.**





## NEW MOON IN SAGITTARIUS: DECEMBER 1

The Archer invites you to set intentions that stretch you spiritually, not materially.

*Ask:*

“What new path is my intuition pulling me toward?”

## FULL MOON IN CANCER: DECEMBER 15

The most emotional moon of the year.

A portal for release, forgiveness, and ancestral healing.

Expect tears, tenderness, truth.

**A PERFECT NIGHT FOR RITUAL + SPELLWORK (KEEP READING)**







## THE HEARTH-HEART SPELL

A spell to restore warmth, safety, and inner calm.

### YOU'LL NEED:

- A white candle
- A pinch of cinnamon
- A bowl of warm water
- Your hands

### RITUAL:

1. Light the candle and sit before it.
2. Dip your fingertips into the warm water.
3. Press your hands to your heart.
4. Whisper three times:

**“By fire and warmth, by breath and bone,  
I call my spirit fully home.”**

1. Sprinkle cinnamon around the candle to seal the spell.

**This brings grounding, safety, and energetic protection through winter.**





## A BLESSING FOR THE DARK MONTHS

May these colder days bring softer hearts.  
May the dark womb of winter hold us gently.  
May we remember our own magic,  
the kind that cannot be taken, shaken, or silenced.  
May we walk into the new year  
protected, guided, and whole.

BLESSED BE





## THE WINTER WITCH'S IMMUNE BREW

A warming, witchy tonic to strengthen your body  
and soothe your nervous system.

### INGREDIENTS:

- 1 inch fresh ginger (fire element)
- 1 inch fresh turmeric (sun energy)
- 1 tbsp honey (sweetness + protection)
- ½ lemon (clarity + cleansing)
- A pinch of cayenne (heat + courage)
- Optional: a sprig of rosemary (memory + intuition)

### DIRECTIONS:

- Simmer ginger + turmeric in water for 8–10 minutes.
- Strain.
- Add honey, lemon, cayenne, and rosemary.

SIP SLOWLY.  
LET IT HEAT YOUR CHEST.  
LET IT WAKE YOUR WITCH FIRE.



# RITUAL RECIPE



## THE WITCH'S SOLSTICE SALT

Use for cleansing your home or yoga space during December

### INGREDIENTS:

- Coarse sea salt
- Dried orange peel
- Cinnamon chips
- Rosemary
- Black salt (optional for protection)

### HOW TO USE:

- Sprinkle at thresholds, around mats, altars, or windowsills during the Winter Solstice (December 21).
- Sweep it away the next morning to release stagnant energy.





# DECEMBER YOGA POSE



## SUPPORTED CHILD'S POSE

### THE WINTERING POSTURE

**A sacred posture of surrender, softening,  
and returning to the womb of the earth.**

December is the season of the Crone, the ancient archetype of stillness, wisdom, and deep intuition.

Nature retreats inward, and so do we.

**Supported Child's Pose mirrors this energetic descent:**

- It invites rest, when your system is overstimulated by holiday chaos.
- It nurtures the inner child, softening edges held by survival mode.
- It grounds your energy back into your roots, stabilizing anxiety and overwhelm.
- It allows your body to practice the art of receiving, not doing.



# DECEMBER YOGA POSE



## SUPPORTED CHILD'S POSE

### How To SET UP:

- Come to hands and knees.
- Bring your big toes together, knees as wide as feels supportive.
- Place a bolster or 2 blankets longways in front of you.
- Lower your torso onto the support.
- Turn your head to one side or rest your forehead in the center.
- Allow your arms to drape forward like willow branches melting toward the ground.

### WITCHY SOMATIC BREATHWORK:

- **Inhale:** Feel your back body widen like winter branches opening to receive moonlight.
- **Exhale:** Melt your chest and belly into the Earth and whisper internally,

**“I release what cannot follow me into the new year.”**

Let the Earth hold you. Let the season quiet you. Let the Crone archetype remind you:

**NOTHING BLOOMS ALL YEAR. REST IS A SPELL OF POWER.**



## SIMMER POTS

A December ritual for cleansing energy, warming the home,  
and calling in protection + abundance.

### INGREDIENTS

Use what you have, witchcraft is about intention, not  
perfection.

#### FOR WARMTH + COMFORT

- 1 orange, sliced (joy, sun energy, warmth, renewed hope)
- 1 apple slice (love, sweetness, fertility of ideas for the new year)

#### FOR PROTECTION

- 3 cinnamon sticks (protection, passion, grounding)
- 5 whole cloves (shielding + banishing stagnant energy)
- 1 star anise (psychic clarity + guidance)





## SIMMER POTS

### FOR PROTECTION

- 3 cinnamon sticks (protection, passion, grounding)
- 5 whole cloves (shielding + banishing stagnant energy)
- 1 star anise (psychic clarity + guidance)

### FOR ABUNDANCE

- A handful of cranberries (holiday blessings, beauty, vitality)
- A small piece of ginger root (courage + forward movement)

### FOR PURIFICATION

- 1–2 sprigs of rosemary (clearing negative energy, ancient witch protection herb)
- A bay leaf with your wish written on it (manifestation + divine support)





# W I N T E R   B L E S S I N G



## SIMMER POTS FOR ENCHANTMENT

- A few drops of vanilla or almond extract (sweetness + comfort energy)
- A pinch of dried lavender (peaceful vibes during a busy holiday season)

### ◆ INSTRUCTIONS

- Add all ingredients to a pot and cover with water.
- Set on the lowest simmer.
- As the steam rises, say a blessing or intention such as:

“With this winter brew, I cleanse my space. I invite warmth and welcome blessings into my sacred home.”

- Keep refilling water as needed.
- Let the aroma fill your sanctuary, this becomes a living spell.

### ◆ OPTIONAL MAGICAL LAYER

Add one of these to increase the spell's intention:

- A quartz crystal (placed next to the pot, not inside) for clarity
- A cinnamon broom nearby for holiday protection
- Pine needles for renewal and rebirth



## WINTER WITCH'S WARMING TEA

A soothing blend for grounding, digestion, and emotional stillness.

### ✧ INGREDIENTS

- 1 tsp dried ginger root
- 1 tsp cinnamon
- 1 tsp chamomile
- ½ tsp orange zest
- Honey or maple (optional)

### ✧ DIRECTIONS

Steep all herbs for 8–10 minutes.  
Sip slowly with both hands wrapped around the mug.

### WITCHY MEANING:

- Ginger ignites inner heat
- Cinnamon attracts abundance
- Chamomile calms the nervous system
- Orange calls in joy + sun energy





## SACRED CACAO RITUAL

Perfect for a spiritual experience

### ✧ INGREDIENTS

- 1 tbsp ceremonial cacao
- 1 cup hot water or oat/nut milk
- Dash of cinnamon
- Drop of vanilla
- Sweeten lightly

### ✧ RITUAL

Hold the mug to your chest.  
Close your eyes and whisper:

**"MAY WARMTH RETURN TO MY SPIRIT."**

Drink slowly and intentionally.





## THIS IS THE BEGINNING

Welcome to a new chapter for our community,  
one where we embrace the sacred, the mystical, the earthly,  
and the intuitive parts of ourselves  
that society has taught women to hide.

### **We are reawakening the Witch.**

Not the feared stereotype, but the healer, the intuitive,  
the wise woman, the protector,  
the somatic sage, the one who listens to the Earth.

In a world drowning in technology,  
where our nervous systems are overwhelmed  
and our spirits pulled in every direction,  
we gather here each month to:

**Slow down  
Reconnect  
Remember our ancient power  
Return to Earth  
Reclaim our magic**

Thank you for being part of this coven.  
Thank you for choosing presence over distraction,  
earth over overwhelm,  
magic over numbness.

**DECEMBER BEGINS OUR JOURNEY.  
EVERY MONTH FROM HERE WILL DEEPEN YOUR POWER.**



CLOSING CHARM



MAY WE ROOT DOWN & RISE UP



Walk gently.  
Trust your inner flame.



The year is ending,  
but your magic is just beginning.



Blessed be, Witchy Woman.

See you next moon cycle.

XO KELLY

